

# Flight Jacket

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**Proudly Serving the Marine Corps Air Station Miramar Community**

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## Training program gets pilots to fleet faster

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

Marine Aerial Refueler/Transport Squadron 352 based here is helping take some of the burden off the crowded training schedule of Marine Aerial Refueler/Transport Training Squadron 253, MCAS Cherry Point, N.C., by helping to train pilots who will soon become part of the Miramar based squadron.

Since pilots are among the most highly trained and technically skilled individuals in the Marine Corps, they must not only go through months of training to, not only become Marine officers, but also to earn their wings.

It is for this reason VMGR-352 has decided to lend a hand in the training process, according to Capt. Louie G. Sagisi, co-pilot, VMGR-352.

"We are reducing the time it takes to train," said Sagisi. "We are taking the Marines who will be sta-



photo by Cpl. Micheal O. Foley

**Pilots from VMGR-352 evaluate the performance of a pilot in training during a recent tactical low-level training flight. By training in Miramar instead of with a training squadron at Cherry Point, new pilots finish training in six weeks as opposed to 12 to 15 months.**

tioned here and putting them through their final part of their training faster." To become a full-fledged KC-130 pilot, Marines must go through an aviation primary

indoctrination, and then primary, intermediate and advanced levels of flight training. When they earn their wings, those designated for KC-130s transfer Marines

are normally sent to Marine Aerial Refueler Transport Training Squadron 253 at Cherry Point. Once there, pilots oftentimes wait several months before they be-

gin training because of maintenance, personnel and aircraft shortages within the training squadron. All together

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## POW/MIA poster en route to troops worldwide

by Rudi Williams

American Forces Press Service

WASHINGTON — Military units and ships at seas around the world are receiving copies of the POW/MIA Recognition Day 2000 poster.

The poster's somber black tones symbolize the darkness in the lives of those who suffer through the agony of having a loved one missing in action, according to Larry Greer of DoD's POW-Missing Personnel Office.

Family members of missing personnel and veterans served as a "focus group" that helped decide design ideas appropriate for all conflicts and all the services, he said. This is the POW-Missing Personnel Office's sec-



lest we forget . . .

National POW/MIA Recognition Day  
September 15, 2000

## Miramar hosts first Marine Corps Marathon training camp

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

Marine Corps Air Station Miramar was recently selected to host the first Marine Corps Marathon training camp.

Attendees to the camp include seven Marines and one Sailor. Four Marines and a corpsman were sent here on temporary additional duty status from various Marine Corps installations. Three of the members were selected from Miramar, and continue to work in their sections, at least part time.

During the mornings, evenings and throughout most weekends, the group trains in preparation for the 25<sup>th</sup> Annual Marine Corps Marathon, scheduled for Oct. 22 in Washington, D.C. Throughout the day, those on TAD work in various sections under the Marine Corps Community Services.

Since June 1, the team has been running an increasing amount of miles building up to their current mark of approximately 70 miles per week. All of this has been done under the experienced care of Coach Dr. John Colson.

Colson, an Army reserve colonel, coaches distance runners at U.S. International University and has a strong running history.

In the 1960s Colson was an All-American miler at San Diego State University. During his active-duty military career, he was a member of the All-Army Track and Field Team. To add to Colson's list of credentials, he is a board certified podiatrist who practices with the Sharp Rees-Stealy Medical Group of San Diego.

As part of the groups training, Colson has been having the runners compete in various local races, such as the "Lawyers have Heart" 5k, which transpired June 15 in San Diego. The team brought home the 4<sup>th</sup>-7<sup>th</sup> place finishes from the event.

"We are doing really well, considering the fact that most of the people on the team came without a lot of mileage in their training because they were working long shifts at work and unable to maintain more than a basic level of fitness," said Colson. "We've worked our way up gradually from about 30 miles a week or so to where the guys are running about 70 miles a week, and the gals are not far behind."

"We have been getting really good training, twice a day. We're putting in a lot of miles, it's just really good training. I think

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See **POW/MIA**, page 10



## Flight Jacket



**Maj. Gen. M.P. DeLong**  
Commanding General  
3d Marine Aircraft Wing

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Commander, Marine Corps Air Bases  
Western Area

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## Anti-Drug Program is rewarding to participants

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

Now it really pays to stay off drugs thanks to a new Marine Corps program designed to raise awareness of substance abuse and educate military members. Headquarters Marine Corps, in coordination with the Single Marine Program and Drug Demand Reduction Program, recently distributed \$25,000 to Marine Corps bases Corps-wide to promote an anti-drug message.

One stipulation with the acceptance of the funds was a mandatory

5K run/walk that took place here June 8. Nearly 1,100 Marines, Sailors and civilians took part in this event.

The money could have been used for just the run/walk, but it was decided to spread the money over a summer-wide unit competition called the "99 Days of Summer Challenge," according to the station SMP coordinator Diane Peaco. The program is offered to all units aboard Miramar and consists of two different competitions.

The first, the Unit Challenge, awards \$1,000 to the winning unit's

recreation fund for the fewest substance abuse incidents between May 29, Memorial Day, and Sept. 4.

Units must complete and document urinalysis testing of at least 25 percent of their personnel during the course of the competition, said Peaco. To sweeten the deal, an additional award of \$500 will be given to a unit if they have no substance abuse incidents during the 99-day period. The winner will be announced no later than Sept.

See **Semper Fit**, page 10



## Designated Driver Program takes aim to keep Marines safe

By Cpl. Carolyn S. Sittig

CPAO, MCAS Miramar

Marine Corps Air Station Miramar has revitalized the existing designated driver program and added two others to minimize drinking and driving related mishaps.

The designated driver pro-

gram, which used to be called "Know Your Choice," was re-adopted and renamed "Party Smart" in July.

The program offers incentives for service members who are at various social establishments that serve alcohol like the Enlisted club, Sand Trap, Officer's Club or Pizza Pizzazz to choose a desig-

nated driver.

"The designated driver is chosen by a group of friends and is responsible for getting the others home safely," said Lem Cabrera, Enlisted Club manager.

Once a designated driver is chosen, that person notifies one of the managers of the establishment and tells him he or she is

the designated driver. They will receive a coupon book offering free golf and other discounts and free services worth nearly \$150 as a reward. The designated driver also gets complimentary non-alcoholic drinks and a meal. Then,

See **Designated Driver**, page 10

## Training detachment divides to better serve service members

By Cpl. Carolyn S. Sittig

CPAO, MCAS Miramar

The Navy Air Maintenance Training Group Detachment here is relocating one of its sections and gaining a new command.

The Navy Air Maintenance Training Group Detachment 1025 is transitioning to Naval Air Station Point Mugu, Calif., and will officially become a part of NAS Point Mugu Sept. 1.

The 1025 detachment is the school for specialized organizational level maintenance training for West Coast E-2C aircraft technicians. Their training includes learning to

perform most internal maintenance repairs on the carrier-based, early-warning aircraft.

The move began in May, and will be finished near the end of August. The decision to move to NAS Point Mugu came after research conducted by the Base Relocation and Realignment Committees on both NAS North Island and Point Mugu to determine which would be the more practical home for the aircraft and the squadron. The aircraft were relocated to Point Mugu in 1998, but the personnel will continue to

See **Navy**, page 10



Photo by Cpl. Carolyn S. Sittig

Petty Officer 1st class Tim Saneda, instructor and leading petty officer of Navy Air Maintenance Training Group Detachment, points out test cell components to one of his students.

## ***G-8 praises Korean peninsula détente***

By Mark Kukis

*United Press International*

**OKINAWA, Japan** — Leaders from the seven leading industrial democracies and Russia praised the recent landmark summit between North Korea and South Korea in a joint communiqué issued as the first round of annual G-8 meetings began Friday.

“We fully support the positive developments set in train by the meeting and encourage the South-North dialogue to continue and advance further,” G-8 members said Friday in a statement after a working dinner meeting.

The statement said the G-8 supported all efforts to “reduce tension and establish a lasting peace on the Korean Peninsula” and praised South Korean President Kim Dae-jung’s efforts to reach out to Pyongyang, the North Korean capital.

President Kim and North Korean leader Kim Jong-il held the first-ever North Korea-South Korea summit in June and agreed to undertake a number of steps toward eventual reunification of the Korean peninsula, divided since the end of the Korean War some 50 years ago when communist north invaded the Western-backed south.

The meeting marked a watershed in the region, where North Korea repeatedly threatened Japan, South Korea and other neighbors with missile and military attacks while trying to develop a nuclear arsenal.

Japanese Foreign Ministry spokesman Ryuichiro Yamazakis said Japan wanted to stress the G-8’s support for the efforts by the Korean leaders to improve relations, since this year’s summit was in Asia and the issue affected so many countries in the region, particularly Japan, which has a long history of animosity with North Korea.

“Certainly a new page was turned,” Yamazakis said of the Korean summit while briefing reporters after the dinner wrapped up late Friday evening.

The G-8 leaders addressed other regional matters in a separate statement that dealt with Middle East, South Asia, the Balkans, Africa and Cyprus.

On the Middle East, the G-8 — France, Canada, Japan, Italy, Germany, Great Britain, the United States and Russia — signaled a willingness to help finance an eventual peace deal between the Israelis and Palestinians that could cost up to \$80 billion by some estimates.

“We welcome their courageous decision to continue negotiations and confirm our support for their endeavors,” the statement said of Camp David talks between Palestinian leader Yasser Arafat and Israeli Prime Minister Ehud Barak. “We confirm too our commitment to assist the implementation of a peace agreement and invite the international community to participate in the efforts to help the parties implement such an agreement when it is reached.” On the Balkans, G-8 leaders said they were “very concerned” about recent efforts by Yugoslav President Slobodan Milosevic to consolidate political power by revising the constitution.

“We call on the government in Belgrade to refrain from any action which would contribute to the further escalation of violence,” the statement said.

The leaders also expressed concern “about the growth of armed conflict in the continent of Africa.” The statement said, “Africa must mobilize the political will to prevent and resolve armed conflicts.” G-8 leaders are to begin a second round of talks Saturday and issue a final summit communiqué Sunday.

## **COMCABWEST honors Marine and NCO of quarter**

Maj. Gen. William G. Bowden, Commander, Marine Corps Air Bases Western Area, congratulates Cpl. David R. Neel (left), air traffic controller, Headquarters and Headquarters Squadron, and Lance Cpl. Sudesh Ramjattan, aircraft rescue and fire fighting specialist, Headquarters and Headquarters Squadron. Neel, a native of Albuquerque, N.M., was named the Noncommissioned Officer of the Quarter for the third quarter of 2000. Ramjattan, a native of Queens, N.Y., was named the Marine of the Quarter for the third quarter of 2000. Bowden presented the Marines with a certificate of commendation and a book from the Marine Corps reading list. They also received gifts from the Navy Exchange, the Greater San Diego Chamber of Commerce, Marine Corps Community Services, Disneyland, GEICO Direct,



photo by Cpl. Micheal O. Foley

the Armed Services Benefit Association, Marine Air Federal Credit Union, Frontier

Airlines and the Adam Mark Resort in Denver.



## Off-duty guard saves boys life

By Lance Cpl. Zachary A. Crawford

PAO, MCB Camp Lejeune

**MCB CAMP LEJEUNE, N.C.** — Lance Cpl. Joao C. M. Cabral, lifeguard at Onslow Beach, was spending his day off at the beach, July 18, when he saved a 7-year old boy.

"I was at the beach with my friends on my day off and we were just swimming around in the ocean," said Lance Cpl. Joao C. M. Cabral, lifeguard at Onslow Beach. "I was the last one to leave the water behind the rest of my friends when I saw a yellow face mask and a little kid's hand in the water."

Apparently, Cabral had come across a little boy who had started to drown face up in the water.

"After I saw him, I brought him to shore while keeping his head above water," said Cabral. "The boy had a pulse but was not breathing, and he had foam coming from his mouth and nose. I then cleared his airway, gave him a couple of breaths and performed abdominal thrusts."

By the time Cabral got the boy to shore, his mother was there waiting for them.

"After the second set of abdominal thrusts, the boy then threw up some water," said Cabral. "After he got all of the water out, he started to cry; and for me, that was a very good sign."

After Cabral had revived the boy, his friends went to get some towels to keep the boy warm until the emergency crew came. Then the boy went into shock.

"The boy had started going into shock right when the emergency crew showed up to take over," said Cabral. "They then took him to the Naval Hospital to get him checked

See **Lifeguard**, page 10

## Stellar performance recognized



photo by Cpl. Micheal O. Foley

**Navy Capt. Joe Leidig, Commander, Submarine Development Squadron 5, Naval Submarine Base, awards two Marines from Headquarters and Headquarters Squadron the Navy Achievement Medal. Lance Cpl. Corey T. Rehse, aircraft rescue and firefighting specialist and Lance Cpl. Nicholas F. Bankston, food service specialist, were part of a color guard for the Submarine Forces' 100th Birthday Ball Celebration. "They received praise from VIPs, several admirals in attendance and celebrities," said Leidig. "They all commented on the professionalism and sharp appearance of the Marines. They certainly represented the Navy and Marine Corps well and added to the significance of the ceremony."**

## Watch the pennies you spend – not the dollars

By Tom Graneau

MCCS Personal Financial Management

In the old days, your ability to save was predicated largely upon how much money you spent on a house, a car, and other big-ticket items. Today, you have far less discretion over your spending.

Take taxes, for example. Under the current tax law, you have fewer deductions and little opportunity to lower your tax bill. Because your total tax burden has never been higher, you are devoting more and more of your income to tax payments. For instance, federal income tax is 28 percent for most people, state income tax is 6 percent as a national average, Social Security and other payroll tax is 15 percent of earned income, and California sales tax is 7.75 percent. The total? A whopping 56.75 percent of your income. (Property tax is not taken into con-

sideration in this computation.)

Housing is another budget item that takes a huge chunk of your salary. Most people spend 28 percent or more of their income on rent or mortgage payments. When you add another 7 percent for home-related expenses, including insurance, repairs, and maintenance, you have just spent another 35 percent of your income. So before you eat dinner, before you buy a pair of pants, and before you make a contribution to your favorite charity or buy a car, 91.75 percent of your total income is already gone. Clearly, the remaining 8.25 percent of your income must go a long way.

With those precious few remaining pennies, you may decide to buy snacks and miscellaneous items. No big deal, you say. After all, it's "only a dollar." Considering the

See **Savings**, page 11

## Sergeant Major's Corner

By Sgt. Maj. Ronald D. Wise

MACG-38 Sergeant Major

Enforcing Marine Corps Policy is an easy task for us as leaders to carry out on a daily basis. Or is it?

How many times have you seen Marines and Sailors running aboard the base, along side of the road with a Walkman glued to their ears, and you have to blow your horn several times to get their attention to keep from running over them.

We all know for a fact that the Walkman is a safety hazard, when you are engaged in physical activities on the roadways aboard the base and yet, some of us condone it. I don't! And I won't let them get away with it, and you should be doing the same thing.

Station Order P5510.2A Paragraph 2012.8 addresses this matter. Running on roadways with headphones is a safety hazard to both the jogger and vehicles. Let's leave the headphones in the gym, the racetrack or the 3-mile course behind Hangar O.

Running in formation, at times, has created the same type of safety hazards. You often see the formation running in the middle of the street, road guards have no reflective vests, and the safety vehicle, if they have one, is riding the double yellow line. Again the above Station Order addresses this problem.

How many times have you heard that loud music blasting from a Marines car right next to you at a stoplight, Jet Mart, Commissary or the Main Exchange? Instead of correcting the situation on the spot, many just look the other way and refuse to "get involved." Why is that?

The last time I read my promotion warrant it stated in part, "All personnel of lesser grade will render obedience to appropriate orders. And this appointee will is to observe and follow such orders and directions as may be given from time to time by superiors acting according to the rules and articles governing the discipline of the Armed Forces of the United States of America."

As leaders, there is no MCI Course to tell you how and when to correct a situation. You do it because it's the right thing to do ... it's that simple! Bottom line ... We all need to be more proactive. I can't do it by myself. This is a team effort to get the message across to our Marines and Sailors that we have Rules and Regulations to adhere to and we must continue to enforce them.

Our profession is dangerous enough without us ignoring the rules that are meant to help us protect our troops and ourselves.

## *Mir* **Remarks**

### What is your view on motorcycle safety?



photo by Cpl. Kristopher S. Haloj

**“I’m glad to see, particularly in the Marine Corps, that the regulations get enforced to the max.”**

*Staff Sgt. Luis J. Ortiz  
Headquarters and Headquarters  
Squadron, food services specialist*



photo by Cpl. Kristopher S. Haloj

**“I think it is probably one of the most under represented programs aboard the base. The number of Marines we’re losing is too frequent. It needs to be promoted as much as possible.”**

*Master Sgt. Keith Hammond,  
Marine Corps Air Bases Western Area,  
administration chief*



photo by Cpl. Kristopher S. Haloj

**“I think motorcycle safety is an excellent program to have, especially with all of the young Marines here. It just really needs to be endorsed and promoted.”**

*Lt. Cmdr. Arabe Lorimel  
Heavy Marine Helicopter Squadron 462,  
flight surgeon*

### Internet server to be down temporarily

Internet and e-mail capabilities will be down Saturday from 6 a.m. – 6 p.m. due to maintenance.

### Volunteers sought for community project.

The 3d MAW Chaplain’s office is assisting in repairing homes and performing yard work for adults and children with special needs.

The event will take place at Ivey Ranch in Oceanside, Calif., from 8 a.m. – 2 p.m. For more information call 577–7368.

### SACO training offered

The Drug Demand Reduction Program will be holding Substance Abuse Counseling Officer training this coming Monday through Friday, at the Officer’s Club from 8 a.m. – 4:30 p.m. This is required training for new SACOs per Marine Corps Order

P5300.12. For more information, call 577–4411.

### Annual Night Out scheduled

Miramar will hold a National Night Out at Mills Park here Tuesday from 6 p.m. – 9 p.m. to heighten crime and drug prevention awareness, generate support in local anti-crime programs, and strengthen neighborhood spirit.

There will be free food, entertainment, static displays, and more. The event is open to all station residents.

### SMP to hold meeting

The Single Marine Program will hold their next meeting Wednesday at 3 p.m. at the Enlisted Club. All Marines are welcome to attend.

### Parenting classes offered

The Marine New Parent Support Program is holding several parenting classes for all

Miramar personnel including active duty, retired, DoD civilians and their spouses.

The fourth Wednesday and Thursday of each month from 8 a.m. – 12 p.m. is Baby Boot camp. This class teaches the basics of caring for an infant.

Mom’s Basic Training is a six-week course for expectant or new mothers on infant care. Interested people should call for dates and times of this class.

Small Wonders is an eight-week class for parents of toddlers and preschoolers. It is offered Tuesdays from 6 p.m. – 8 p.m. at the Murphy Canyon Chapel classroom.

For more information about classes, call (858) 577–9812.

### Museum seeks volunteers

The Flying Leatherneck Museum is looking for volunteers to assist with the museum’s gift shop. For more information, call (858) 693–1723 or (949) 643–1802.



## Semper Fit sponsors strength and endurance challenge

Story and photos by  
Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

The Marine Corps Community Services Semper Fit fitness department sponsored a Strength and Endurance Fitness Challenge outside of the Fitness Center here July 15, as part of the Single Marine Program's 99 Days of Summer Challenge.

The STREND competition is a multi-fitness event consisting of six different disciplines or exercises that test upper body strength and cardiovascular endurance.

Dozens of service members and civilians gathered outside of the Fitness Center to take part in the challenge. Registration fell into six categories based on fitness level, Men's Elite, Women's Elite, Men's Open, Women's Open, Men's Basic and Women's Basic.

Competitors put themselves to the test beginning with a pectoral challenge, the bench press. At the sound of the whistle each

competitor at all six stations had three minutes to perform as many repetitions as possible. The weight each competitor pushed was based on a percentage of their own body weight.

Next, the challengers put their back muscles to work at the wide-grip pull up bar. At this station the competitors had to pull their own body weight, with the exception of competitors in the Men's Elite category. They had to strap on an additional 15 percent of their body weight.

Shoulder strength was the next event to put a hurting on the courageous contestants with the infamous military press. Each competitor had three minutes to do as many unassisted repetitions as they could.



Station four tested their close-grip chin up skills, which targets the biceps muscles.

The final upper body discipline was the bar dip. Contestants were required to push their body weight with the exception of the competitors in the Men's Elite category. They had to add an additional 25 percent of their body weight.

If all that didn't wear the competitors out, the sixth and final event, a three-mile run around the oval track, did.

Completing all of the upper body events within a 15 minute time frame proved to be quite a challenge, according to Seth Fontaine, third place winner out of the 17 registered in the Men's Open.

"I liked how it was based on our own body weights and repetitions, not like who could bench the

most weight it made the event even that way," Fontaine said, "It felt great (winning third place). It was a major accomplishment for me. I work out all the time, it felt good to put (my hard work to the test)."

The final score for the competition was determined by adding the repetitions performed correctly for the five upper body disciplines and dividing that total by the contestants run time. The higher the score the better.

Contestants seemed to be more than satisfied with the way the event was conducted.

"I thought it was an outstanding event, and I'm looking

forward to participating in the next one that comes around," Fontaine said.

The first place winners of each category are as follows: Robert Zuniga, Men's Elite;

Sharon Smith, Women's Elite; Jeff Conte, Men's Open; Patricia Havenston, Women's Open; Geoffrey Mayne, Men's Basic; Carne Graces, Women's Basic.

For information concerning the dates and times of the next STREND competition

hosted by MCCS Semper Fit fitness department contact Lynn Sanchez, fitness director, at 577-1702.



**Dozens of service members and civilians put their muscles through the six trials of a Strength and Endurance competition July 15, outside of the fitness center here. Competitors had 15 minutes to pump out as many repetitions as they could on the bench press, shoulder press, bar dip, wide-grip pull-up bar and the close-grip chin-up bar. Contestants took on a three-mile run to wrap-up the event. The STREND fitness challenge was started by Edward Bugarin, retired soldier with the elite anti-terrorist team Delta Force.**





# Finance steals ball, claims championship title

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

The Headquarters and Headquarters Squadron Finance Office's Winners Play and Losers Leave stole the Single Marine Program's 99 days of Summer Challenge 3-on-3 Basketball Tournament Championship from the front-running Marine Aviation Logistics Squadron 11 Finalists 15-10 here, July 13.

Winners Play Losers Leave stepped on the court at a disadvantage, they had to beat the Finalists twice in order to take home the championship. The tournament was double elimination and WPLL lost one

game earlier in the week. The Finalists entered the game undefeated.

After the start of the game, the Finalists appeared to have control over the game, even though the scoring went back and forth between the two teams. However, by the middle of the game they found themselves in trouble.

Missed shots were killing the Finalists and WPLL's Eric Williams couldn't miss. Williams took it to the Finalists with a nonchalant precision. Before the front runners realized it, they lost 15-11 forcing a second game.

Dominic Eley, Brian Richard and Chad Olson, of the Finalists, entered the game

too tired and pressured to win. Regardless of the Finalists strong effort, WPLL's Phillip Pautienus, Eric Williams, Chad Williams and Luke West couldn't be stopped. They were confident after their first win and kept their game tight, earning them the championship.

Winners Play Losers Leave received a check for \$150 to split from the SMP. The Finalists received a \$75 check.

Ms. Semper Fi, Kelly Myers, presented both teams with their oversized checks.

All teams who participated in the four-day tournament received a 99 Days of Summer "Drug-Free" T-shirt.

For more information about the program, call 577 - 6283.

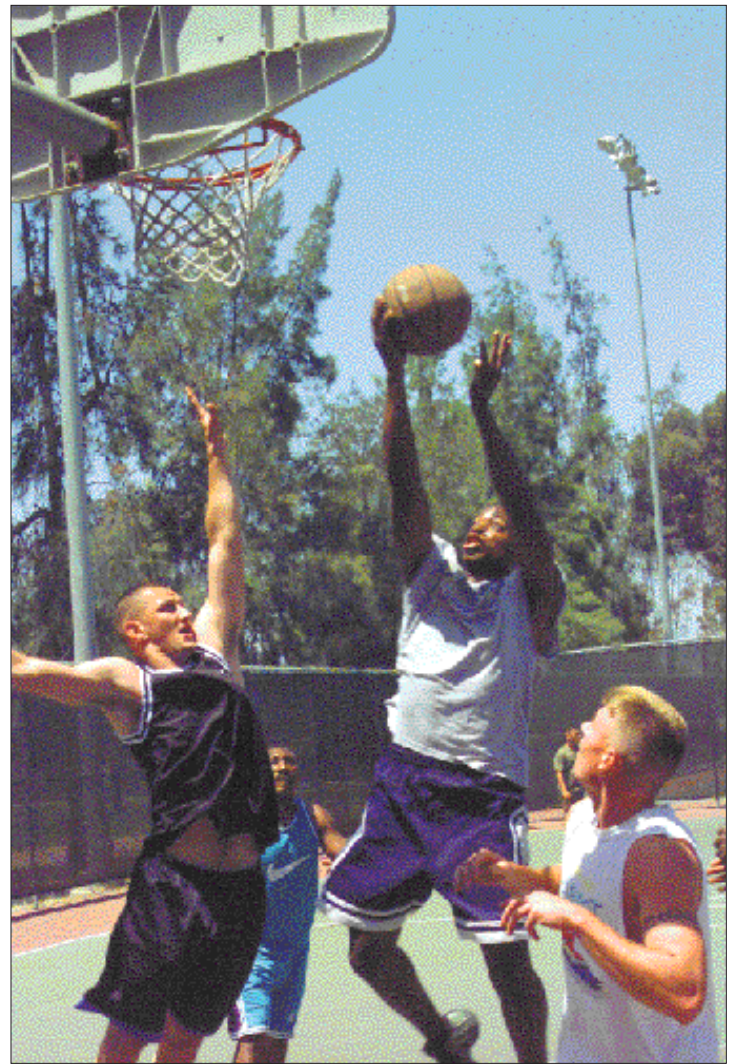


Photo by Cpl. Kristopher S. Haloj

(Above) MALS-11 baller, Brandon Richard, powers through H&HS's Finance defense, but H&HS did a turn around and clenched the title. (Left) Ms. Semper Fi, Kelly Myers, presents the finance team with a winning check for the 3-on-3 Basketball Championship Tournament, July 13, here.



# Education

## Smooth moves for job seekers

By Cpl. Carolyn S. Sittig

CPAO, MCAS Miramar

You sent out your resume and landed yourself an interview. Now, with your foot in the door, what do you do? Well, some people panic, but you don't have to.

Interviewing doesn't have to be hard and here are some techniques to make you an interviewing pro.

Prior to the interview you should do research on the company and the position you are applying for, according to the Microsoft Network careers Web site, [www.content.careers.msn.com](http://www.content.careers.msn.com). This research will make you more knowledgeable about the company and better able to explain why you are a viable candidate.

Other information you should gather includes: what products or services the company provides, office locations, customers, competitors, philosophy, history, recent news and financial information.

This type of information can be gleaned from employees, the Internet or company newsletters, according to MSN.

"The more you know about the job you are applying for, the better you will appear in the interview. An interviewer will be impressed by your interest and motivation, and

you will be able to explain what you can do for the company," according to MSN.

Bob Leeds, Career Resources Center Family Member Employment Assistance Program director, recommends that people who are seeking a job should start preparing a year prior to when they want to get a job.

One of the first things Leeds suggests for job seekers is taking one of the classes taught by the CRC. Classes are taught on a variety of subjects from how to write resumes, what to expect from a job interview, job search strategies, and what federal jobs are available and how to apply for them.

These classes are held every month for service members and their families, retirees and their spouses, and federal employees and their spouses, said Glenn Dyer, Career Resources Center officer. For information on the center, call (858) 577-6491 or 577-6710.

The interviewing-technique class prepares people for various environments and types of interviews that might be held, said Dyer. "It also reviews the mistakes people make in the interviewing process and how to minimize those mistakes," he added.

Another powerful aid available through

See **Interview Techniques**,  
page 10

### Illegal questions and their legal counterparts

Subject	Illegal Questions	Legal Questions
National Origin/ Citizenship	Are you a U.S. citizen? Where were you/your parents born? What is your native tongue or language?	Are you authorized to work in the United States? What languages do you read, speak or write fluently?
Age	How old are you? What college did you graduate from? What is your birthday?	Are you over the age of 18?
Marital/Family Status	What's your marital status? Who do you live with? Do you plan to have a family? When? How many kids do you have? What are your child care arrangements?	Would you be willing to relocate if necessary? Would you be willing to travel as needed? Are you willing to work overtime?
Personal	How tall are you? How much do you weigh?	Are you able to physically meet job requirements?
Affiliations	What clubs or social organizations do you belong to?	Do you belong to any professional or trade groups relevant to this job?
Arrest Record	Have you ever been arrested?	Have you ever been convicted of?
Military	If you've been in the military, were you honorably discharged?	What branch were you in? What military training or education did you receive?

These illegal interview question were obtained by Microsoft Network Web site at [www.content.careers.msn.com](http://www.content.careers.msn.com). According to MSN, the illegal question can be answered, but they are not job related and may hurt a person's chance to get a job.

## Career Resource Center – Station's one-stop job shop

By Cpl. Carolyn S. Sittig

CPAO, MCAS Miramar

When looking for a new job or a second job the biggest obstacle for many people is when and where to start.

At Marine Corps Air Station Miramar personnel and family members can take advantage of the wealth of job resources and opportunities offered through the Career Resources Center at no cost.

The CRC has been described as a place to obtain everything a job seeker needs. "It's a one-stop shop and the thrust behind this is getting as many resources in one area for service members and their families to come and maximize their efforts in their job search," said Glen Dyer, Career Resources Center officer.

Some of these resources include a computerized job search program that translates Military Operational Specialties into the civilian job equivalent.

The program also gives information on

entry-level job pay based on an area or city and the education needed for that job. There is also a program that searches for government jobs only.

The center also has numerous job announcements that arrive daily from around the world. It also has education opportunity newspapers and newsletters advertising jobs from fire fighting to engineering to nursing and others.

"Internet and reference materials are available for people to research (prospective) companies," said Bob Leeds, Career Resources Center Family Member Employment Assistance Program director.

Aside from providing job information and search programs they also teach several classes that may help job seekers. CRC personnel teach four classes every month: resume writing, federal jobs and applications, job search strategies and interviewing techniques.

Dyer explained that the CRC offers resources for people to successfully get the in-

formation they need while job hunting.

However, he explains that though the Center gives people the tools they need, its personnel won't be handing anyone a job. "We don't give people fish, but we do teach them how to fish," said Dyer.

Not only does the center have ample resources, but they also have experienced personnel who were in the armed services. "All of us have the experience of transferring from active duty and know the efforts we went through to get the resources for the job hunt. Based on that experience we've tried to accumulate all those resources here," said Dyer.

The center has improved resources by relocating personnel from the Disabled American Veterans to their current facility. It supports the transitioning classes and reviews medical records of transitioning service members.

Based on a person's choices, preferences and skills they will be able to look at the various jobs, determine what will make them

happy and make a decision to seek a specific job, get that job and re-evaluate how that job works for them, said Dyer. All the resources they need to do this are offered through the CRC.

Dyer said many people don't evaluate what will be the best job for them and will usually have three jobs in two years.

"This is because they didn't select the ideal job or their circumstance, and choices in the first and second employment weren't correct," said Dyer. We want to give them the tools, so when they recognize they're in a job they don't like, they can use all the skills and resources we gave them to move to another job if they wish to, he said.

Regardless of what people want to get out of the center they can receive a variety of information and get assistance in the sometimes overwhelming job search.

For more information about programs or classes, call the CRC at (858) 577-6491 or 577-6710.



# Community Events

## Education Center has new electronic response system

The station Education Center has a new e-mail address to receive patron's questions. Their e-mail address is OMBEC. All questions should be answered within one working day. For more information, call (858) 577-1801.

## Station Library extends hours

The station library is now open every Monday-Thursday from 7 a.m. - 9 p.m., Fridays from 7 a.m. - 6 p.m. and Saturdays from 10 a.m. - 6 p.m. For more information, call 577-1261.

## Recycling Center relocates

The Recycling Center has relocated to the old Provost Marshall Building located in Building 6310. The center is open Monday-Friday from 7:30 a.m. - 4:30 p.m. Materials can also be dropped off at the satellite yard located in the parking lot of the Main Exchange. For more information, call 577-6366.

## Experienced Rider Course offered

The Safety Officer holds the Experienced Rider Course the 3rd Wednesday of every month. The course concentrates on cornering, braking and swerving. For more information, call Dan Jaquez at 577-8595.

## Career Resource Center temporarily extends hours

The Career Resource Center is extending its hours from May 30 until Aug. 26 on a trail basis. The trail period will record how many people use the facility and when to determine if their hours need to be increased permanently.

The new hours are Monday-Thursday from 7 a.m. - 9 p.m., Friday from 7 a.m. - 6p.m., Saturdays from 10 a.m - 6 p.m. and closed Sundays and holidays. For more information, call 577-6710.

## Camp Pendleton to open Correctional Custody Facility

Work is underway on a new Correctional Custody Facility. The facility is scheduled to open October 2000, at MCB Camp Pendleton.

## New uniform undershirt regulations

As of May 2000, Marines are only authorized to wear a green undershirt with the utilities uniform, as per Marine Administration Message 521/99.

## Uniformed and overseas citizen voting information

There is an on-line version of the voting forms through the Internet for service members stationed overseas. For more information, see the on-line version of the Federal Post Card Application at [www.fvap.ncr.gov](http://www.fvap.ncr.gov) or e-mail the Federal Voting Assistance Program at [vote@fvap.ncr.gov](mailto:vote@fvap.ncr.gov).

## Mentors sought

The Program for Academic and Languages Services is a small non-profit organization which needs adults to coordinate their exchange program. Coordinators will screen local host families for the incoming students and act as a liaison between the program and schools. For more information, call 1-888-7257 or e-mail [exchange@net-port.com](mailto:exchange@net-port.com).

## E-Club hosts Monte Carlo Night

Enjoy Vegas-style Black Jack and Craps at Area 51 - The E Club, Aug. 2 from 8 - 11 p.m. The cover charge is \$2 and will include \$500 worth of chips that you convert at the end of the night for raffle tickets to win prizes. The grand prize will be a 2 day, 3 night stay at the Ramada Inn & Casino in Laughlin, Nevada.

In addition, there will be food and drink specials all night long. For more information call 577-7968.

## Seaworld invites you to Military Fest 2000

On Aug. 5, Seaworld will be hosting the 2<sup>nd</sup> Annual Military Fest 2000. These discounted tickets will include entrance to Seaworld (day and night), parking (a \$7 value), food and beverage and entertainment in the Pavilion.

Purchase your tickets today at the Enter-

tainment Ticket office, Bldg. 2524.

Tickets cost only \$37.45/adult and \$28.80/child (ages 3-11) - regular admission to Seaworld (without the parking and the food) cost \$40/adult and \$30/child. Ticket sales end Aug. 1. Call 577-4126 or 577-4141 for more info.

## Children's Summer Reading Program continues

The Library's Children's Summer Reading Program began July 10 and will continue through Aug. 18.

Programs are every Monday at 10:30 a.m. The theme will be "*Get Carried Away With Books*".

There will be stories read, puppet plays, arts and crafts and more. The Library is located in the Lifelong Learning Center, Building 5305. For more information call 577-1261.



**Free *Movies***

- **Today:** *Gone in 60 seconds (PG-13), 6:30 p.m.; Big Mama's House (PG-13), 8:45 p.m.*
- **Saturday:** *Fantasia (PG-13), 6:30 p.m.; Dinosaur (PG), 8:30 p.m*
- **Sunday:** *Dinosaur (PG), 1:00 p.m.; Shanghai Noon (PG-13), 6:30 p.m.*
- **Wednesday:** *Mission Impossible 2 (PG-13), 6:30 p.m.*

'352,  
continued from page 1

it takes between two-and-a-half to three-and-a-half years to get a combat-qualified KC-130 pilot to the fleet, according to Sagisi. "Because they are so backed up with new pilots, it can take the training squadron at Cherry Point anywhere from 12 to 15 months to get a pilot through VMGRT," said Sagisi. "We can give new pilots the same training here in approximately six weeks."

At the end of the six weeks, new pilots must go to Cherry Point for their final exam called a "check ride" to ensure the quality of training they received with VMGR-352 was the same or better than the training with VMGRT-253. Once pilots receive their "check ride" they are qualified to fly real-world missions for the Marine Corps and share some of the workload with other pilots in the squadron, which can increase the moral within the squadron.

The individual Marine's morale increases as well. Instead of waiting a few months to start training they are put in the driver's seat and doing their job as pilots.

"It's been a good deal coming out here," said Capt. Nathan E. Jubeck, co-pilot in training. "We're training in real-world situations with the guys we're going to spend our first tour with. We're already building unit cohesion and our morale is going up."

Four Marines, including Sagisi, have already completed their training with VMGR-352. Jubeck and Capt. Will E. Winkenhofers are approximately 95 percent complete with their training. The squadron plans to start training two more pilots before the end of the fiscal year.

Marathon,  
continued from page 1

it's going to be great to go out there and see how much we've improved," said Lance Cpl. Jeremy Brown, administrative clerk for Marine Aircraft Group 16 and camp attendee.

According to Colson, by the end of the summer the men will have worked up to running 100-plus miles per week, and the women will be maintaining a 70 mile per week pace.

"Miramar is ideally suited for this type of training. San Diego is just a great envi-

ronment for distance running. There are a lot of really good places to train here," Colson said.

Lance Cpl. Jay Belmarez, computer technician 3d Force Service Support Group, Okinawa, Japan, added that being selected to come to Miramar is an honor for him.

"I think this is a great program and a great opportunity. Hopefully they'll do this again next year," said Belmaraz. "Without being able to attend this camp, I probably would have never had the chance to test my real potential."

Aug. 13, the camp attendees are scheduled to compete in the America's Finest City Half Marathon in San Diego. The marathon begins in Point Loma and takes runners through downtown San Diego, finishing at Balboa Park. The event is expected to draw more than 6,000 runners from all over the world.

Marine Corps Marathon  
Camp attendees:

- Staff Sgt. Aldefina Staigl  
MCAS Miramar  
Temple, Texas.
- Petty Officer 1st Class Mary Reggie  
Camp Schwab, Okinawa, Japan  
Wyoming, Pa.
- Cpl. Danielle Burnard  
Quantico Marine Corps Base, Va.  
Syracuse, N.Y.
- Cpl. Patrick Flynn  
Camp Pendleton  
Deltona, Fla.
- Cpl. Jose Garza  
Camp Lejeune, N.C.  
Jacksonville, N.C.
- Lance Cpl. Jay Belmarez  
Camp Kinsner, Okinawa, Japan  
Dallas, Texas.
- Lance Cpl. Michael Meyer  
MCAS Miramar  
Redwing, Minn.
- Lance Cpl. Jeremy Brown  
MCAS Miramar  
Las Vegas, N.V.

POW/MIA,  
continued from page 1

and annual poster. The office polled the services and veterans and family organizations and printed 116,000 copies of the poster for their use, Greer said. Family members of missing personnel who would like to have a poster, may contact their respective family organizations, or Greer's office at (703) 602-2102 or download it from his office's Internet Web site at [www.dtic.mil/dpmo](http://www.dtic.mil/dpmo).

He said his office will periodically post information on the Web site about POW/MIA Recognition Day — the third Friday of September — "to help installations plan local observances," Greer noted. The day falls on Sept. 15 this year.

People visiting the Web site also will find a lot of information about what the government is doing concerning servicemen missing in action, Greer said.

"Two years ago, we were only getting about 2,000 weekly requests for information on our Internet Web site. Now we're getting as many as 62,000 weekly requests for files or different documents — posters, newsletters and other information."

Semper Fit,  
continued from page 2

22. The second portion, The Spirit Competition, awards an undisclosed amount of money to the command with the most points earned by participation in a series of events ranging from basketball competitions to road

races. Points are also being awarded for the production of anti-drug bulletin boards and banners. Peaco stresses that participation, not winning, is what earns the points. At this point in the Spirit Competition, Marine Air Logistics Squadron 11 is in the lead with 1395 points, followed by Headquarters & Headquarters Squadron with 875 and Marine Wing Communications Squadron 38 with 810 points. There are still plenty of points to be earned in several upcoming events, as well as with individual command projects.

A complete outline of the program is available at various locations throughout the station including the Great Escape. All the information in the brochure is accurate except the picnic/pool party has been changed to a Front Yard beach party July 29, in front of the Great Escape.

Designated Driver,  
continued from page 2

that person returns to the manger at the end of the night to ensure they haven't been drinking.

"We'd like to see more people participate in these programs. All they have to do is contact management staff and say they are a designated driver, so we can reward them," said Cabrera.

Another program for service members is the "Phone a Friend" program. This program offers use of a telephone for people to call someone to pick them up. The person that comes in gets the same rewards as a designated driver with the Party Smart program and will be given the ticket booklet.

For service members who are new to the area or who might not have anyone to be a designated driver have other resources to ensure they can make it home. Through the "Use the Q" program, they can go up to a club manger and tell them they need a place to stay. Someone there will make reservations for them at the Officer's Bachelor Quarters or the Enlisted Bachelor Quarters at cost to the service member.

Regardless of the program or whether a service members is being called or calling someone, Cabrera said it is important for people to know about these programs and use them.

Navy,  
continued from page 2

call Miramar "home" until September.

"The move to North Island posed long delays, however, moving to Point Mugu meant shorter delays and better opportunities for the detachment," said Senior Chief Petty Officer Andy Zimmerman, Leading chief petty officer for Navy Air Maintenance Training Group Detachment 3011. Point Mugu had the space and facilities to accommodate the squadron, explained Zimmerman.

Once the decision was made to move the squadron to Point Mugu, the next phase was redesigning a facility to fit Det. 1025's training needs. Due to the sensitive nature of the equipment and strict building standards, the facility had to be built as similar to their former building at Miramar as possible.

Once the facility was designed and renovated, personnel were sent to Point Mugu to set up the equipment. Having some of the squadron personnel at Point Mugu was essential to getting the equipment ready for training, said Chief Petty Officer Chris Insull, leading chief petty officer for Navy Air Maintenance Training Group Detachment 1025. Once the equipment was set up, the testing centers and the equipment were

tested to ensure nothing had been damaged in the move, added Insull.

Of all the steps required to move the most challenging one was removing some of the larger pieces of equipment. Perhaps, the most difficult piece of equipment to move was the avionics center, which was nearly 53 feet long, according to Insull. To remove this equipment, contractors cut through one of the wings and made a hole in another to remove the equipment.

Navy Air Maintenance Training Group Detachment 3011 is the F/A-18 intermediate level maintenance training school that teaches repairing instruments to navigational aids and more to Marines and Sailors, said Zimmerman. With nearly 33-50 percent of their students being Marines, it was impractical to move from Miramar. Zimmerman also said that moving 3011 would have been costly and caused productivity to suffer.

Though they are not moving they are gaining a new commanding officer and will be under the administrative control of North Island. "This is our biggest challenge because we have to get use to new policies," said Zimmerman.

Despite the changes and the move each section will still remember the other. "Even though we're splitting up we're still one team and just because were split doesn't mean we won't be there for each other," said Zimmerman.

Lifeguard,  
continued from page 4

out." Cabral went to the hospital that same day after the incident happened, and talked with the mother and visited with the boy.

"She was very grateful that I was there and simply thanked me for saving her son's life," said Cabral.

Although he was in the right place at the right time and he had done something truly heroic, he wishes parents would realize the dangers of swimming in the ocean.

"It does not matter how strong or experienced you are when it comes to handling tides and waves," said Cabral. "I came from a recon unit and even the most experienced swimmers can have trouble out there. It only takes a second for something to happen."

Cabral also wanted to emphasize to parents exactly what the job of a lifeguard is.

"Parents have to know that we are not babysitters, we are there to help in case of an emergency," said Cabral. "As lifeguards, we have to watch over 100 to 150 people at one time, parents only have to watch after and be responsible for two or three kids at a time."

"Since the kid is alive, that is all that matters to me," he concluded. "I only did what I was supposed to do."

Interview Techniques,  
continued from page 8

the CRC is a mock interview that is taped by their personnel. They will make suggestions and recommendations based on what happens during the interview, said Leeds. This simulated interview will give a person practice being interviewed and give them a better understanding of what they may face during the actual interview.

However, people who are unable to get to the Career Resources Center can follow a few steps recommended by interviewing experts. When preparing for an interview, MSN says to write out five questions to ask the interviewer. These questions should be concerning the company, industry or profession. They will show the interviewer you



# Mills Park hosts Dirty Bourbon Band

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

The Dirty Bourbon Band was the center of attention Tuesday, here, as they performed a free concert in Mills Park.

About 150 people showed for the second of four concerts in the Outdoor Summer Concert Series. Swing was the music of choice for The Dirty Bourbon Band with songs ranging from The Glenn Miller Orchestra to Harry Connick Jr. and The Brian Setzer Orchestra.

"The concert series is just a chance for people to come out and enjoy an evening of good music with friends and family," said Denise Fairbanks, Marine Corps Community Services Special Events Coordinator. "We would like to make this an annual event, it all depends on the attendance and support the bands receive," Fairbanks added.

The first of the series took place here

are interested not only in the job, but also in the company. Questions to avoid are ones that imply negative feelings like, "will I have to work on weekends?" This tells the interviewer that you are not willing to work extra hours, and it could be a strike against you. Also, it is okay to ask for clarification on something the interviewer said.

Once you compile a list of questions, you should rehearse them with a friend and go over some potential questions you might be asked during the interview. MSN suggests taping yourself, so you can see how you sound and if you're making any negative body language like frowning or slouching.

Finally, make sure you have interview materials ready for the interview. Bring several current copies of your resume, references and work samples. Now, with more of an idea of how to prepare, comes the harder part for some people — the interview. You should make sure you are on time and preferably early. MSN suggest trying to relax and think of the interview as a conversation.

on June 20 with City Rythem who performed R & B music with a jazz flavor. The series continues with Koko Loco, a Jimmy Buffet style music band, on Aug. 8, and the final performance will showcase Zona Nueva, a salsa band, on Aug. 29.

"I think the concerts are a great idea," said Nick Gourley, a concert spectator. "My family and I have come to both and have had a blast.

It's not often that you get to take your family out for an evening, have a great time and not spend a dime."

Although most people brought along their own refreshments, Marines from the Single Marine Program were also on hand with refreshments for sale. All the proceeds went directly to the SMP.

The MCCS is always looking for entertainers and bands to participate in events on and off base. If you would like to put your name in the hat, please contact Davenport Strait at Ext. 4820.

Before, during and after the interview make eye contact with the interviewer and make sure you listen, not only to what he or she is asking you, but also to what they are saying.

After the interview MSN suggests you shake the interviewer's hand and thank them for their time. This is also the time to reiterate how much you want the job and ask if you can check on the status of your application in a few days. Another way of reminding the company of your interest is by sending a "thank you" note following the interview. Regardless of what types jobs you are being interviewed for, try to relax and be prepared by doing some homework. You will thank yourself after the interview for the extra time you spent getting prepared.

## Savings, continued from page 4

huge amounts you spend on taxes, your home, your car(s), clothing, insurance, food, and day care, what possible difference could a little dollar make?



photo by Cpl. Micheal O. Foley

David Patrone, vocalist, sets up for "the big finish," as the Dirty Bourbon Band ends a song. The Dirty Bourbon Band played a free concert at Mills Park, July 25, as part of Marine Corps Community Services' Concerts in the Park program. The program will feature two more free concerts at Mills Park in August.

A \$177,700 difference, (\$365 annually, at 10 percent, for 40 years). It's true. Spending one dollar a day for 40 years in a normal working career spent on sodas, candy bars, the daily paper, and so on, adds up. Can you afford to spend that much money on these items? I am not advocating that you stay away from these things. Life would be boring without some of them. The intent of this article is to make you aware of some of the financial activities that take place in your life, but not necessarily suggesting that you

should change your financial habits.

When you stop and look at your whole economic picture, you are simply not in control over most of the money you spend. That's why it's crucial you carefully allocate the money that is in your control. So the next time you reach for that soda on the supermarket shelf, head to the fast-food joint, or subscribe to all the premium channels on cable, ask yourself one simple question: Is this expense going to help me achieve my financial goals?

